



# Family Services of Warren County

We're Here For You and Your Family

## WHEN YOU HELP US YOU HELP YOUR COMMUNITY

### Ways you can help!

**Help support a good cause by supporting  
Family Services in fulfilling it's mission.**

- ▶ **Get a Car Wash-** When you purchase a \$10 car wash at Follett Run Bay Wash they will donate \$2 to Family Services. All you have to do is enter at the kiosk our agency code **1330** (the last four digits of our phone number). It's an easy way to support our work with something you already do!! Follett Run Bay Wash is located at the corner of Route 62 and Follett Run Road in Warren.
- ▶ **Warren Gives-** This is an online fundraiser event in May each year. Please support our mission by going to [www.warrengives.org](http://www.warrengives.org).
- ▶ **Donate By Mail-** You can send your donation to Family Services of Warren County, Inc. 589 Hospital Drive, Suite E, Warren PA 16365 Attn: Fundraising Department
- ▶ **Donate Online-** Go to [www.fswc.org](http://www.fswc.org) and click on the "Fundraising" tab. Click on the icon "Donate Now" at the bottom of the page, select an amount or enter your own amount and proceed to checkout

### **A Message From Our Director**

Hello and Happy Fall! I wanted to take a moment and share some new things going on at FSWC and how the money you donate helps. Family Services has been collaboratively working with Forest Warren Human Services and Forest County School District to provide drug and alcohol services in East and West Forest Schools. We received approval for this expansion and now we are waiting for the final approval through the Office of Mental Health and Substance Abuse Services (OMHSAS). We are hoping to be able to provide these needed services in each school by the end of this year! This is a very big step for Family Services and for Forest County School District. Family Services continues to be at the table with other community providers and entities and work collaboratively to meet the behavioral health needs. The money you donate allows us to send staff to continuing education trainings so they are providing evidence based and contemporary interventions. It also goes towards our Charity Care and Sliding Fee Discount Programs so we can offer behavioral health services for those that are underinsured, not insured, or are struggling financially due to a recent life changing event, and much more. We greatly appreciate any amount you are able to contribute as this allows Family Services and its services to remain a sustainable part of our community.

[www.fswc.org](http://www.fswc.org)

**Phone: 814-723-1330**  
**Fax: 814-723-5744**

**589 Hospital Drive, Suite E  
Warren PA 16365**

## **Services**

**We provide mental health and substance abuse services.  
All interventions that are used are evidenced based**

**Mental Health Services**-Individual Therapy, Family Therapy, Couples Therapy, and Psychoeducational Therapy

**Outpatient Therapy**– A level of care where individual and group therapy services are consistently provided up to five hours a week based on individual needs. Urine Drug Screening

**Intensive Outpatient Therapy** - A nonresidential level of care that provides structured therapy and stability between 5 hours and less than 10 hours a week, which includes group therapy three times a week for three hours and increased frequency of Urine Drug Screening

**DUI Intervention Program**– An eight-session group that assists individuals overcome problematic drinking and other substance abuse issues. This program is offered in conjunction with Warren County Adult Probation Department.

**Anger Management Group**- People demonstrating anger, violence, and other aggressive behaviors can benefit from the Anger Management Group. It is a 8 session group offered quarterly. Group members will learn how to manage anger effectively and develop self-control over thoughts and actions.

**Healthy Relationships Program**- This program is a 12 week group for men that focuses on power and control issues, emotional regulation, feeling identification, and the elements of a healthy and sustainable relationship. Group members will learn to examine beliefs and behaviors that have been detrimental in the past and practice new skills and behaviors that can result in safer and more satisfying relationships.

**Aggression Replacement Training (ART)**- A 10 week group with a total of 30 hours for adolescents ages 10 to 17 with anger control issues, poor decision making, and behavioral issues. Focuses on anger control, moral reasoning, and prosocial skills. This group can act as a preventative and decrease prevalence of future legal compliance.

**Recovery Group**– An ongoing weekly recovery group held in the Warren County Jail that focuses on education on addiction, recovery, and relapse prevention strategies.

### **A Quote From A Client**

I am so grateful to have gone to Family Services of Warren for my needs. From the front desk clerk, to the people I passed in the hall, to my counselor, everyone was so nice to me. I felt safe there; safe to be myself, safe to tell my counselor anything, and safe to work out my problems. It is, without a doubt, the best decision I made for myself. I was in a very bad place emotionally when I first started going, but as time went on, I could feel the smile coming back to my face and I looked forward to each week with my counselor. I could not have done this on my own, and I dedicated myself to listening to what my counselor had to say and did the work that was prescribed. When asked on Day one what I wished to get out of my experience, my reply was "I just want to be happy", and with the time and effort my counselor and I put in, indeed, I am!